

ABSTRACT OF THE DISCLOSURE

An optical recording medium includes a substrate, two recording layers provided on the substrate and two dielectric layers each provided
5 adjacent to one of the recording layers, the optical recording medium being constituted so that when it is irradiated with a laser beam having a wavelength λ via an objective lens having a numerical aperture NA satisfying $\lambda / NA \leq 640$ nm from the side opposite from the substrate, a record mark whose reflection coefficient is different from those of other
10 regions of the recording layers is formed in the recording layers and at least a part of a region(s) of the dielectric layers adjacent to the record mark is crystallized to form a crystallized region. According to the thus constituted optical recording medium, it is possible to reproduce a signal having excellent signal characteristics.

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